





~ by Julia Arostegi ~

...AND THEN I
JUST HAD TO
HELP HIM, YOU
KNOW?

jacks.
ugh.



BUT
OF COURSE
YOU HAVE TO
HELP HIM,
JANE!

THE BOY
IS A STUDENT!

AND
LIBRARIES
ARE FOR
EVERYONE!

you were
the one who
taught me
this!





PLUS,
ISN'T IT EVEN
MORE IMPORTANT
THAT YOU'RE THERE
FOR HIM WHEN HE'S

UGHHHHHH
I KNOOWWWWW

(FOR HIM WHEN HE'S
NOT A USUAL
READER?)



IT'S JUST...
I DON'T KNOW,
HE'S BEEN LURKING
AROUND JOAN AND
IT ALL SEEMS SO
FISHY TO ME ..

heh.
I should have
known this had
something to
do with her!

IF I DIDN'T
KNOW YOU SO
WELL I'D SAY YOU
HAVE A VERY CREEPY
CRUSH ON JOAN,
MISS HENDRICKS!

yikes!
she's a
student!



IT'S NOT A CRUSH!

haha
I know!

I . I JUST
REALLY WANT TO
PROTECT HER!



IT'S JUST...
SHE'S THIS CLEVER

SO I THIS COUNTRY,
BRAVE, BRIGHT...
UNAPPRECIATED
KID...

AND I
SEE HER.

ugh.
I JUST WANT
TO **ADOPT** HER!
let's adopt
her, Yall!



SHE PROBABLY
ALREADY HAS A LOVING
FAMILY, JANE.

WE SHOULD
ADOPT A CHILD
WHO REALLY
NEEDS US.

WUP





NAH.



NO... WE
SHOULD GET
MARRIED
FIRST.

it's more
romantic
that way!

V...
Vain!

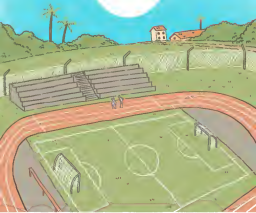


O...
oh my god!
DRESSSSSS!
I need to
pick a dress
for you!

haha
nope!

alright, Jo,
so here's our

to have a new
official routine
from now on...



RUNNING 101

WARM UP with 3 series of dynamic stretches



Jumping jacks



Walking lunge



High knees

RUN / WALK method



Run for a short segment



Take a walking break

3

COOL DOWN with static stretches





BUT FIRST...
I HAVE A HUNCH
ABOUT YOUR
INJURY FROM
LAST WEEK!

JUST RUN
A BIT LIKE YOU
WOULD NORMALLY
SO I CAN CHECK
SOMETHING OUT!





AH!
PERFECT!
AS I
THOUGHT...





...YOU'RE
DOING IT
COMPLETELY
WRONG!



WHAT





Big Jo updates every Monday!



 arostegi.tumblr.com

 [@JuliaArostegi](https://twitter.com/JuliaArostegi)

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Have some Panart lying around?
Send them to me at:



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[Facebook.com/BigJoComic](https://www.facebook.com/BigJoComic)



Wow, they all look so awesome!